

## 5 A Day Recipes

### Red Recipes

#### Jeweled Watermelon Soup

##### Serves 4

Serve this beautiful soup chilled in shallow bowls. It provides each person with more than three servings of fruit.

- 1 pink grapefruit
- 1 pomegranate
- 6 cups 1-inch cubes watermelon, seeded
- Juice of 1 lime
- 2 teaspoons confectioners' sugar

Peel grapefruit. Slice horizontally into thin, attractive slices; discard (or eat) end pieces. Set aside. Seed pomegranate and discard peel and membrane. Set aside.

Place watermelon, lime juice and sugar in a blender or food processor and puree until very smooth. Pour into shallow bowls and garnish with a grapefruit slice or two and a sprinkle of pomegranate seeds. Serve chilled.

##### Nutritional Analysis per serving:

129 calories  
31 grams carbohydrate  
2.2 grams protein  
1.2 grams fat  
0 grams saturated fat  
0 milligrams cholesterol  
6 milligrams sodium  
2 grams fiber  
8% calories from fat  
0% calories from saturated fat  
3 "5 A Day" servings